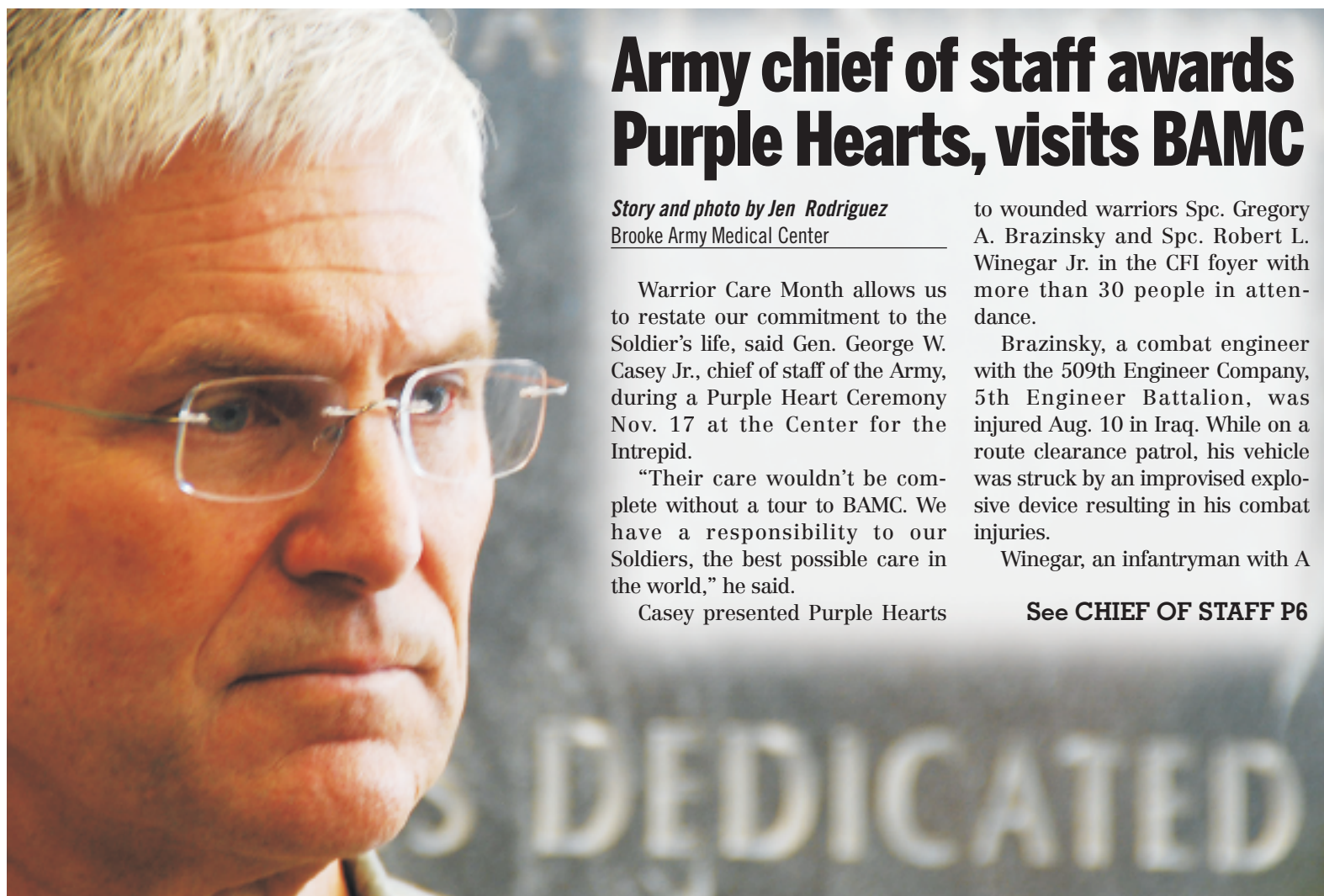


# FORT SAM HOUSTON News Leader

NOV. 26, 2008 • VOL. 50, NO. 47

*"One Team, Supporting Military Missions and Family Readiness!"*



## Army chief of staff awards Purple Hearts, visits BAMC

*Story and photo by Jen Rodriguez*  
Brooke Army Medical Center

Warrior Care Month allows us to restate our commitment to the Soldier's life, said Gen. George W. Casey Jr., chief of staff of the Army, during a Purple Heart Ceremony Nov. 17 at the Center for the Intrepid.

"Their care wouldn't be complete without a tour to BAMC. We have a responsibility to our Soldiers, the best possible care in the world," he said.

Casey presented Purple Hearts

to wounded warriors Spc. Gregory A. Brazinsky and Spc. Robert L. Winegar Jr. in the CFI foyer with more than 30 people in attendance.

Brazinsky, a combat engineer with the 509th Engineer Company, 5th Engineer Battalion, was injured Aug. 10 in Iraq. While on a route clearance patrol, his vehicle was struck by an improvised explosive device resulting in his combat injuries.

Winegar, an infantryman with A

See **CHIEF OF STAFF P6**

## INSIDE

SHARING A  
COMMON BOND



*Father, son  
exchange Purple  
Hearts*

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**Holiday tree  
lighting ceremony**

The annual Holiday Tree Lighting ceremony will be Dec. 3 at 6 p.m. at the post flagpole on MacArthur Parade Field. The ceremony will feature the arrival of Santa Claus and snow. Enjoy a cup of hot apple cider, hot chocolate, tamales or a cookie. Children can take a picture with Santa or make an ornament to hang on the holiday tree or to take home. Enjoy a holiday performance by the Fort Sam Houston Elementary School exemplary music students. There will also be a reading of "Twas the Night before Christmas." Everyone is welcome.

## Combat medic training evolves to save lives on battlefield

*By Fred Baker III*

American Forces Press Service

One day before the terrorist attacks on Sept. 11, 2001, Army senior leaders put into place a plan to overhaul the service's combat medic training.

Officials wanted to replace Cold War-era health care specialists who worked mainly in hospitals as nursing assistants with more qualified, combat-oriented medics for line units.

**"Our challenge is to turn a brand new Soldier into a medic, and we've got 16 weeks to do that."**

*Lt. Col. (Dr.) Paul T. Mayer*  
Director of Combat Medic Training  
at the Army Medical Department Center and School

Little did they know that events the next day eventually would send the force to war in Afghanistan, or that now, seven years later, the new breed of combat medics, many fresh

from their initial training, would be called upon on two fronts to save countless lives on the battlefields.

Though they still officially are called health care special-

ists, today's medics bear little resemblance to those who were trained by nurses. In their place are medics trained by combat veterans with a battle-focused curriculum that has evolved alongside the fight.

"Our medics shouldn't be working in hospitals. Our medics should be saving lives on the battlefield," said Lt. Col. (Dr.) Paul T. Mayer, director of

See **COMBAT MEDIC P14**

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# A season for Family traditions, safety

By Maj. Gen. Russell J. Czerw  
Commander, Fort Sam Houston and Army  
Medical Department Center and School

Thanksgiving Day is the beginning of the holiday period that extends through the end of the year. Service members, civilians, and their Families look forward to take some well-deserved time off to celebrate together and give thanks. I sincerely hope that you and your Families have a joyous and fulfilling Thanksgiving and take special care to remain safe during the many holiday events and festivities.

During the holiday season

many of us travel across our great country to be with loved ones and friends, enjoy Family traditions and to give thanks for the many blessings we as Americans share.

Vehicle accidents remain the leading cause of accidental deaths across the Army. Increased travel exposes everyone to potentially more dangerous conditions and is a concern leaders must address and implement measures to mitigate risks. Soldiers traveling in their privately owned vehicles must complete a risk assessment utilizing the Travel Risk Planning System located at the

Combat Readiness Center Web site, <https://crc.army.mil>. Leaders must ensure safety briefings stress planning ahead and getting plenty of rest before hitting the road. We must encourage drivers to take these precautions such as complete proper maintenance on vehi-

cles, avoid driving during late night and early morning hours, set realistic travel goals, eat healthy meals and avoid alcohol and other drugs that could impair driving ability, change drivers every two hours, and

See SAFETY P8

Weekly Weather Watch						
	Nov. 26	Nov. 27	Nov. 28	Nov. 29	Nov. 30	Dec. 1
San Antonio	 Lower 70s Mostly Cloudy	 Lower 80s Partly Sunny	 Upper 60s Rain Chance	 Lower 60s Partly Cloudy	 Lower 60s Partly Cloudy	 Lower 60s Partly Cloudy
Kabul Afghanistan	 59° Clear	 57° Partly Cloudy	 57° Clear	 60° Partly Cloudy	 62° Partly Cloudy	 53° Partly Cloudy
Baghdad Iraq	 75° Clear	 73° Clear	 73° Partly Cloudy	 71° Clear	 69° Partly Cloudy	 71° Clear

(Source: Weather Underground at [www.wunderground.com](http://www.wunderground.com))

## Thought of the Week

"The secret of life is that all that we have and are is a gift of grace to be shared."

(Source: "Bits and Pieces," Lloyd John Ogilvie, Cleric)

## News Briefs

### Fort Sam Houston Museum hours during Thanksgiving

The Fort Sam Houston Museum will be closed Thanksgiving Day, but will be open Nov. 28, 29 and 30 from 10 a.m. to 4 p.m. For more information, call 221-1886.

### BAMC hosts Thanksgiving meal

Brooke Army Medical Center will serve a bountiful Thanksgiving meal Nov. 27 in its dining facility in the basement. The serving time for BAMC staff will be from 11 a.m. to noon. All other guests will be served from noon to 1 p.m. The cost is \$5.40 for Family members of E-4 and below and \$6.35 for all others including civilians, enlisted and officers. Pay cash at the door. No reservations are required. For more information, call Duane Lacey at 916-1003.

### CivilianJobs.com Job Fair

The CivilianJobs.com Job Fair will be held Dec. 4 from 10 a.m. to 2 p.m. at the Sam Houston Club, 1395 Chaffee Road. All military and prior military can preregister online at [www.CivilianJobs.com](http://www.CivilianJobs.com) and be prematched with attending companies based on career and geographical preferences. Expected employers include, AmStar Surface Technology, Austin Police Department, Bradley-Morris, Correct Care Solutions, Dallas Police Department, DaVita, Eyecare Centers of America, Federal Bureau of Prisons, Hallmark College, Kave/Bassman International, Kirby Inland Marine, Magnum Opus Technology, ManTech, New Horizons Computer Learning Center, Northrop Grumman, Old Dominion Freight Lines, Onsite Health, Perot Systems, Redstone College, San Antonio Fire Department, Sulzer Hickham, TechSkills, Texas Highway Patrol, Entrepreneur Authority of South Texas, Transportation Safety Administration, Department of Agriculture, Department of Labor - Veterans Employment and Training, University of Texas Southwestern Medical Center and Vericare. For more information, visit [www.CivilianJobs.com](http://www.CivilianJobs.com) or call 1-678-819-4172.

### Pony Express Courier Run Grand Finale and Fair

The 20th annual Pony Express Courier Run Grand Finale and Fair will be held Dec. 6 from 1 to 5 p.m. at MacArthur Parade Field, at the corner of Harry Wurzbach and Stanley roads. The holiday fair will include a variety of vendors; special displays; American Indian music, dance and displays; pony rides; a temporary U.S. Postal Station with special Pony Express postmarks; and live entertainment to include holiday melodies by the

See NEWS BRIEFS P4

# Father, son exchange Purple Hearts

By Jen Rodriguez  
Brooke Army Medical Center Public  
Affairs Office

When Spc. Carlos Herrera, an infantryman with the 82nd Airborne, 1st of 505th Parachute Infantry Regiment, deploys for a third time to Iraq in December, his father will be close to his heart.

"I'm going to carry his Purple Heart in my armor," said the 23-year-old Herrera. "No matter where I go, I will always have him with me."

Carlos, and his father, Staff Sgt. Emanuel Herrera, exchanged Purple Hearts in a personal ceremony Nov. 18 in the Warrior Transition Battalion's Okubo Barracks dayroom.

The ceremony marked the father and son's way of showing appreciation for each other, and to honor not only one Purple Heart recipient, but also a father and son, together, said Maj. Marc Statham, WTB, B Company, commander.

For the past 18 years,

Carlos and Emanuel have been separated from each other, until they met face-to-face about a week ago in San Antonio.

"Putting 18 years into a week is a phenomenal reacquaintance," said the elder Herrera.

Carlos, along with his wife, Desiree and sons, Carlos Jr. and Landon, flew from Fort Bragg, N.C., to meet his father, who met his grandchildren for the first time.

"Eighteen years is hard," said Carlos. "So getting back together means a lot. One night we stayed up until four in the morning, talking and talking, just spending time together."

"I never stopped looking for my son," said the 48-year-old Herrera, describing the separation as similar to a mother who loses a child. "I searched the white pages looking for my ex-wife's name."

In the 1980s, Emanuel separated from his wife in El Paso, Texas. Carlos and his mother moved to Dallas.



Photo by Master Sgt. Carlos Garcia

Staff Sgt. Emanuel Herrera embraces his son, Spc. Carlos Herrera, following the exchange of their Purple Heart medals Nov. 18 in a ceremony signifying their bond to each other as Soldiers, and the love between father and son. They had been separated from each other for 18 years.

Emanuel went to Phoenix. Over the years they lost contact with each other.

When it became apparent that the search for his son wasn't panning out, Emanuel got an idea from someone who had used the Internet to

locate him. He Googled his ex-wife, Tracy, and found her.

Emanuel said he and his ex-wife exchanged e-mail addresses and phone numbers for his son.

See EXCHANGE P10

# MEDCOM names EO adviser of the year

By Jerry Harben  
U.S. Army Medical Command

Master Sgt. Christine A. Ohme was recognized Nov. 12 as U.S. Army Medical Command's Equal Opportunity Adviser of the Year. Ohme fills that position for Madigan Army Medical Center at Fort Lewis, Wash., and the Western Regional Medical Command.

"I feel overwhelmed and humbled simultaneously," Ohme said. "I like to improve

human relations. It's so rewarding to see people when the light goes on and they get it."

Equal opportunity advisers recommend programs that commanders can carry out to eliminate and prevent discrimination and sexual harassment. They also train Soldiers and civilian employees and promote an inclusive work environment.

"Equal opportunity is not a nice-to-have add on. It's absolutely essential to do what we do," said MEDCOM

Commander Lt. Gen. Eric B. Schoomaker during the award ceremony.

"Our greatness as a nation, and our success as a military, is not despite our diversity, but because of our diversity," he added.

Ohme enlisted in the Army Reserve in 1988 as a behavioral science specialist. She has worked in several assignments in hospital mental health departments or as an alcohol and drug abuse counselor, and as an instructor at the Army Medical Department Center and School. She has deployed for a total of 26 months supporting Operation Iraqi Freedom with the 98th Combat Stress Control Company.

Ohme thanked her commander, Maj. Gen. Patricia



Master Sgt. Christine A. Ohme

Horoho, for indulging her "crazy ideas."

"We had everything from a chocolate fountain for Women's Equality Day to salsa dancing in the medical mall and a mariachi band in the dining facility," Ohme said.



## News Briefs

### from P3

Army Medical Command Band. Special appearances include the Escaramuza Rosas de Castilla, a bareback equestrienne drill team; cadence cloggers; the Garrison Mounted Color Guard; Bexar County Buffalo Soldiers; the Bexar County Sheriff's Mounted Posse, and much more. The highlight of the event is the arrival of more than 120 pony express Christmas couriers following their seven-county run. The fair also will feature a postwide yard sale with residents selling their household items at the parade field from 9 a.m. to 5 p.m. The event is free and open to the public. The public can enter at the Walters Gate off IH 35 or the Harry Wurzbach entrance off Harry Wurzbach Road.

### Retiree Appreciation Day

The Fort Sam Houston Retiree Appreciation Day will be held Dec. 6 from 8 a.m. to noon at the Blesse Auditorium in Willis Hall on the corner of Stanley and Harry Wurzbach roads. Get a flu shot, latest information on retiree benefits, TRICARE information, Brooke Army Medical Center services, VA benefits, I.D. cards, vehicle registration and much more. For more information, call 221-9004.

### Army Medical Command Band performs "Sounds of the Season"

The public is invited to a free holiday concert by the Army Medical Command Band Dec. 13 at 7 p.m. at Evans Auditorium on Garden Road. The concert will feature holiday favorites, such as "Silver Bells" and "Silent Night." The public can enter the post at the Walters Gate off IH 35 or the Harry Wurzbach entrance from Harry Wurzbach Road. The concert is hosted by the commanding general of Fort Sam Houston and the Army Medical Department Center and School.

### Bowling center seeks volunteers for program with wounded warriors

The Military Adaptive Spring Program is looking for at least 10 volunteers to assist with its bowling tournament at the Fort Sam Houston Bowling Center. The bowling training dates are Dec. 9, 11, 16 and 18 and Jan. 6, 8 and 13 from 6:30 to 8:30 a.m. And, for the tournament Jan. 15 at times to be determined. To volunteer, contact Earl Young at 221-3185 or e-mail earl.t.young@us.army.mil.

### Oral, Maxillofacial Clinic sets new hours

Beginning Dec. 1 the Oral and Maxillofacial Clinic new treatment hours for sick call and walk-in exams will be Monday through Friday from 7 to 8:30 a.m. for sick call; and 8:30 to 11:30 a.m. for walk-ins. For more information, call Sgt. Angel Estrada, Oral and Maxillofacial Clinic noncommissioned officer in charge, at 916-0332.



Photo Illustration by Sgt. Joshua Ford

Exercise players from U.S. Army North Operational Command Post 2 participate in Vigilant Shield 2009 Nov. 19 at ARNORTH's Headquarters and Headquarters Company here. The annual exercise simulated a major earthquake in California and focused on homeland defense and civil support missions.

## Exercise tests U.S. Army North, agencies

By Sgt. Joshua Ford

Army North Public Affairs Office

U.S. Army North participated in Vigilant Shield 2009 from Nov. 12 through 22, along with U.S. Northern Command, Joint Task Force – Civil Support, Federal Emergency Agency and other federal, state, local and international agencies.

Vigilant Shield is an annual exercise that includes scenarios to achieve exercise objectives within the maritime, aerospace, ballistic missile defense, cyber, consequence management, strategic communications and counterterrorism domains. More than 400 people from ARNORTH participated with augmentation from JTF-CS and

JTF-N — both are under ARNORTH.

The exercise began with a 7.8 magnitude earthquake that struck California, killing and injuring thousands of people, leaving millions without power and breaking the southern portion of the state's infrastructure. The scenario was designed to focus missions on homeland defense and civil support. It was the largest catastrophic disaster exercise ever in California.

"This exercise was a collaborative effort between the state of California, the National Guard Bureau, NORTHCOM and FEMA to accomplish what ever scenarios are presented to them," said Lt. Col. Dan Clark, battle captain, Operational Command Post I, ARNORTH.

"A big part of the exercise is when

NORTHCOM needs to use their joint forces land component, ARNORTH responds and gets to exercise its subordinate units: JTF-CS and Joint Task Force-North," Clark said. "It's not just ARNORTH training; we have to get our subordinate units into the scenario, too."

"The only element that really lacks during these exercises is the confusion that sets in after something terrible happens," Clark said. "There is no real way to replicate exactly what any real world event is going to be like."

Kevin Kirmse, chief, Exercise Division, ARNORTH, said many lessons learned came from Vigilant Shield.

"The great advantage of these exer-

See EXERCISE P10

## Keeping car seats safe for children

Story and photo by Minnie Jones

Fort Sam Houston Public Affairs

According to the National Safety Council, car crashes remain the number one killer of children, however, many of these deaths can be prevented with the proper use of child safety seats.

The Directorate of Family and Morale, Welfare and Recreation and Chrysler's SeatCheck program teamed together Nov. 20 at the Fort Sam Houston Child Development Center to inform and instruct military Families on the proper way to buckle up their children in car seats.

"We have found that by-in-large there are a significant number of children living on military bases," said Will Taliaferro, Chrysler spokesman. "And we want every single one of them to be properly buckled in to a properly installed safety seat."

Several car check technicians from San Antonio volunteered at Thursday's event to help military Families properly secure their children in motor vehicles. During the three-hour event, technicians looked for defective or improper seats; ensured car



Beth Warren, certified car seat instructor, carefully ensures that a car seat is properly installed in a Cadillac, as owner, Latoya Thomas looks on during a SeatCheck.org event at the Fort Sam Houston child development center, Nov. 20. Thomas' car seat was one of several car seats that were replaced free of charge during the event because it was on the recall list.

See CAR SEATS P7



**CHIEF OF STAFF from P1**

Company, 2nd Bn., 16th Infantry, 4th Brigade Combat Team, 1st Infantry Division, was injured March 29 in Iraq. While on a patrol, his vehicle was hit by an improvised explosive device resulting in

his combat injuries.

The Purple Heart, the oldest American decoration is awarded to members of the armed forces of the United States, who are wounded by an instrument of war in the hands of the enemy.

In observance of Army

Service Day for Warrior Care, Casey visited with wounded warriors at BAMC and the CFI, Family members and volunteer outreach organizations, to thank them for their support.

Casey said caring for the warriors isn't just physical



Photo by D. Myles Cullen

Army Chief of Staff Gen. George W. Casey Jr. visits with Sgt. James Walker Ford III, and other wounded warriors Nov. 17 during physical therapy at the Center for the Intrepid as part of Warrior Care Month.



Photo by Jen Rodriguez

Spc. Gregory Brazinsky and Spc. Robert Winegar Jr. receive Purple Hearts Nov. 17 during a ceremony at the Center for the Intrepid.

healing, but mental healing to put them back on their feet.

"I wanted to thank the people who are most responsible for warrior care," he said, recognizing the BAMC staff, volunteers and Family members, who continuously support the Soldiers.

Casey's visit coincides with the observance of Army

Service Day for Warrior Care which focuses on one of the Department of Defense's highest priorities – caring for wounded, ill and injured warriors. The November month-long observance also educates and increases awareness of the DoD warrior care programs and resources.

# Squad leaders take on caregiver role

Story and photo by Maria Gallegos  
Brooke Army Medical Center  
Public Affairs Office

The Warrior Transition Unit was in its early stages of development, exclusively designed to facilitate the needs of wounded warriors when Staff Sgt. Randall Bagwell arrived at Brooke Army Medical Center in August 2006, as a patient with shrapnel wounds to both legs and his right hand.

He was assigned to the Warrior Transition Unit as an outpatient with the support of a triad team — three individuals to take care of his medical and domestic needs. The WTU mission is to facilitate the healing and rehabilitation of Soldiers, return them to duty when possible, or prepare them for a successful life as a veteran in their community.

Maj. Evelyn Stevens, WTU case manager, explained that each patient is evaluated individually by a team of health professionals to assess the needs of the patient. To facilitate a smooth transition for patients assigned to the Warrior Transition Unit, a triad of support is created.

The triad team consists of a primary care manager, who is a physician; a nurse case

manager, who is a registered nurse; and a squad leader, usually a noncommissioned officer. The triad team meets once a week to get details on each patient assigned to their unit, enabling them to assess what type of specialty care they need during their road to recovery at BAMC.

"Our meetings are important to evaluate the best outcome for our Soldiers," Stevens said.

Bagwell was treated at the medical center until Sept. 2007, and returned to the WTU not as a patient but as the A Company squad leader.

Although healing and rehabilitation are a top priority for the patients, squad leaders at the WTU take on another active role, taking care of non-medical details for the patient and their Families. This could mean picking up medications, taking children to school, being a chauffeur, anything to make life little easier for the wounded warriors.

"The Warrior Transition Unit has made significant improvement since 2006 with the squad leaders of the units aware of the importance of their job, taking care of patients and their families," said Bagwell.

"My experience with my

squad leader and the team that was providing my medical care was something I will never forget," Bagwell said. "They ensured my recovery was a top priority and focused on my rehabilitation while they took care of my personal needs. After Sgt. 1st Class Dexter Butler, a Platoon Leader, asked me to join their team, I jumped on the opportunity. I wanted to give back what I had received and learned from my squad leader to the wounded warriors and their families.

"My biggest accomplishment as a squad leader is knowing that I have done a good job and the Soldiers you helped are bragging about the job we do here for others," Bagwell added.



Staff Sgt. Randall Bagwell, A Company squad leader, Warrior in Transition Unit, assists wounded warriors and their Families with concerns and issues to facilitate a smooth transition during their stay at Brooke Army Medical Center.

**CAR SEATS from P4**

seats were installed correctly and taught parents proper car seat installation techniques.

Inspections were free and each check-up took about 20-30 minutes. If a car seat was found on the recall list, Families were given new seats on the spot.

Lt. Terry Owen, Fort Sam Houston Police Department, brought his daughter Brianna to have her car seat checked. He said he wasn't expecting to get a new seat, noting that he had the wrong car seat for his daughter's size and weight.

"I think it is a great program; they are out here educating parents, said Owen. "I

really didn't know too much about car seats. My wife and I are expecting another child in March, so I got some pointers on how to install the seat properly."

Texas law requires that all children who are less than five years old and or less than 40 pounds, and or under 36 inches tall, must be restrained in a child safety seat.

SeatCheck is a national public safety campaign to help parents properly secure their children in motor vehicles. For more information or to find a car seat inspection location near you, call the nationwide toll-free hotline 1-866-SEAT-CHECK or visit [www.seatcheck.org](http://www.seatcheck.org).



# Rocco prepares for Thanksgiving Day feast

Story and photos by Olivia Mendoza  
Fort Sam Houston Public Affairs Office

As you hear car horns and motorcycles revving on Schofield Road, behind the doors of the Louis Rocco Dining Facility there is a different sound. You can hear the loud noises of ting, tang and bing as cooking utensils, pots and pans are shifted around as the chefs and staff prepare a Thanksgiving feast.

The Louis Rocco Dining Facility hosts its Thanksgiving Day meal Nov. 27 from noon to 2 p.m.

Rocco Dining Facility

employees were busy early Monday decorating and planning and will continue to work through Thursday preparing traditional Thanksgiving dishes for patrons to enjoy with Family and friends.

The staff made sure that there will be an abundance of food. This year they are preparing 350 pounds of turkey, 430 pounds of ham, 220 pounds of prime rib and 200 pounds of Cornish hens.

The Thanksgiving menu includes: shrimp cocktail, roast turkey, baked ham, prime ribs, Cornish hens, cornbread dressing, savory bread dress-

ing, mashed potatoes, candied yams, seasoned corn, sweet peas and onions, giblet gravy, aujus gravy, cranberry sauce, pies, cakes, salads and assorted beverages.

"I anticipate more customers this year," said Van Roberts, dining facility manager. "I would say about 900 diners will be flowing through here." Word is getting out that the dining facility is very Family oriented, he said.

Roberts and his staff are working very hard as a team to serve a wonderful Thanksgiving meal for Soldiers and their Families. They know how hard it is for Soldiers who are far away from home. That is why they try their best to make every Soldier's experience a memorable one with home-cooked like meals and a warm ambience in the facility.

"Our dining facility is open to everyone who is looking for a hot traditional meal, kinship and a place to be with others as a Family," Roberts said.



Cook Francisca Santana seasons one of the 40 turkeys Nov. 24 for the upcoming Thanksgiving meal, Nov. 27, at the Louis Rocco Dining Facility.

## SAFETY from P2

stop every two hours to stretch and rest. And, ALWAYS wear seatbelts.

Our Warrior Ethos reminds us to never leave a fallen comrade. This is especially important during this holiday season when the risk of suicide tends to be more prevalent. Fellow Soldiers and supervisors are most likely to know and recognize when someone is struggling. Prevention requires leaders be especially alert to intervene in time to seek immediate assistance for those who could be going through troubling times. Leaders must also

emphasize sexual assault risks, prevention, and response in their holiday safety briefings; guidance is available at [www.sexualassault.army.mil](http://www.sexualassault.army.mil).

Positive leadership can raise safety awareness and help safeguard our people – truly our most precious asset. We are a team – a team that needs each and every member in order to complete our missions. On behalf of Col. Mary Garr, Command Sgt. Maj. Pedro Class, and Command Sgt. Maj. Howard Riles, I extend to each of you and your Families our sincerest best wishes for a safe and joyous holiday season.

## Fort Sam Houston Dining Facilities Thanksgiving Day Meals, Nov. 27

Rocco Dining Facility from noon to 2 p.m.

Slagel Dining Facility from noon to 2:30 p.m.

Camp Bullis Dining Facility from 11:30 a.m. to 1 p.m., Nov. 26

Holiday meal rates for Family members of enlisted personnel E-1 through E-4 is \$5.40. The cost for E-5 and above, retirees, civilians and Family members is \$6.35. The holiday meal rate does not apply to E-1 through E-4 military members receiving an allowance for subsistence.

## Keep food safety in mind during holidays

During the holiday season there is a rise of food borne illness. Many people juggle family and friends along with cooking meals for everyone. Food borne illness is a frequent uninvited guest during the holidays. A few tips for preparing holiday meals are:

**Clean.** Wash hands and food-contact surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, knives, sponges and counter tops.

**Separate.** Don't let bacteria spread from one food product to another. This is especially true for raw meat, poultry and seafood. Experts caution to keep these foods and their juices away from ready-to-eat foods.

**Cook.** Cook to proper temperatures. Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause food borne illness.

**Chill.** Refrigerate promptly. Public health officials advise consumers to refrigerate foods quickly because cold temperatures keep most harmful bacteria from growing and multiplying. Refrigerators should be set at 40 degrees Fahrenheit and the freezer at zero, and the accuracy of the settings should be checked occasionally with a thermometer.

When preparing whole meats, such as a 20-pound turkey, it can take two to three days for it to thaw completely if refrigerated correctly. The turkey must be cooked to an internal temperature of 180 degrees. If a turkey has stuffing the temperature of the stuffing will need to reach 165 degrees to be cooked properly. During the holidays keep food safety in mind.

(Source: Environmental Health Division, Brooke Army Medical Center)

## Helping the Army take care of its own Army Emergency Relief earns four star rating

Washington — Army Emergency Relief earned its third consecutive four-star rating from CharityNavigator, one the nation's largest and most-utilized evaluator of charities. This coveted rating reflects AER's sound fiscal management and program efficiency in providing financial assistance to Soldiers and their Families. According to CharityNavigator, only 10 percent of the charities they rate have received at least three consecutive four star evaluations.

AER is the Army's military aid society founded in 1942 in response to the need for Soldiers and their Families experiencing financial emergencies in World War II. Since its founding, AER has provided over \$1 billion of assistance to Soldiers and their Families in the form of no-interest loans or grants.

This year AER is on track for another record breaking

AER provides financial assistance for such needs as emergency travel, housing, car repair, food and utilities.

year in supporting Soldiers and their Families. Faced with the demands of operations in Iraq and Afghanistan along with the challenges of today's economy total AER assistance is running 12 percent ahead of last year.

AER provides financial assistance for such needs as emergency travel, housing, car repair, food and utilities. AER provides the Army a valuable resource in helping take care of its Family. AER assistance is available to Soldiers and their Families wherever they are located and the amount of assistance approved is only limited by the valid need. Soldiers and their Family members requiring AER assistance need only contact their chain

of command or local AER office.

Under AER's Command Referral Program; company commanders and first sergeants can approve AER loans to their Soldiers, based on need up to \$1,000. Soldiers and Families not near an AER office can still seek assistance from one of the other military aid societies or the local chapter of the Red Cross.

Fort Sam Houston's AER office is located at Army Community Service, Building 2797, 2010 Stanley Road. For more information about assistance programs, call Army Emergency Relief at 221-1612 or visit the Website at [www.aerhq.org](http://www.aerhq.org). (Source: AER)



## Military role models recognized

Air Force Col. Lisa G. Firmin, commander, Air Force Reserve Officer Training Corps Detachment 842, Department Chair and Professor of Aerospace Studies, University of Texas at San Antonio; Sgt. Esmeralda Hernandez, U.S. Army South; U.S. Marine Corps Sgt. Heidi Loreda, Recruiting Station San Antonio; and Peter Katson representing his wife, Navy Cmdr. Angela Katson, commanding officer, Navy Recruiting District, were among the honorees recognized during the annual Image de San Antonio dinner Nov. 21 at Kelly Field Club in observance of Women's Equality Day honoring outstanding Hispanic women role models. The Image de San Antonio dinner annually recognizes women in the civilian community who serve as role models by being involved in the achievement of equity in all aspects of employment for Hispanic Americans.

Air Force Col. Lisa G. Firmin, commander, Air Force Reserve Officer Training Corps Detachment 842, Department Chair and Professor of Aerospace Studies, University of Texas at San Antonio, visits with Sgt. Esmeralda Hernandez, U.S. Army South, and U.S. Marine Corps Sgt. Heidi Loreda, Recruiting Station San Antonio, at the annual Image de San Antonio dinner. Firmin, keynote speaker for the dinner, spoke about the challenges she encountered throughout her civilian and military careers.



Photos by Esther Garcia



### EXCHANGE from P3

"Before I could get off the phone with her, my son called," he said.

During their conversation the father and son discovered they'd both served in the Army, and were deployed August 2006 in support of the Global War on Terrorism in Iraq.

Additionally, they had been injured 40 miles from each other.

Emanuel served with the 259th Engineer Company from Phoenix, and was injured Nov. 21, 2006, by an improvised-explosive device on a main supply route. Currently, he's undergoing speech therapy at Brooke Army Medical Center.

Carlos continues to serve with 505th Parachute Infantry Regiment at Fort Bragg. The specialist was injured Feb. 12, 2007 by a land mine on Alternate Supply Route Hershey just off main supply route Tampa. He's scheduled to deploy in December.

"There won't be a day that we don't keep in contact with each other," said Emanuel.

Embodying the Warrior

Care month motto, "We Stand Together," the Herreras agreed the exchange ceremony has sentimental value.

Carlos said it's a personal thing, not a formal ceremony.

"We wanted to do this for each other and be able to pass it throughout the generations," he said.

"It's a prestigious award that no one wants, but it comes with honors," added Emanuel. "We discovered that we wanted to have each other's."

The Warrior and Family Support Center and the Fisher Foundation Heroes for Miles program made it possible to reunite the father and son.

"He (Emanuel) was so thrilled and the smile was worth all the effort," said Judith Markelz, coordinator of the Warrior and Family Support Center. "I've never seen Manny (Emanuel) so happy. He stands up straight and he beams every time he mentions his son and family."

"All the warriors heal faster when they have the support of Family. He is living proof of the power of love and kindness," she said.

### EXERCISE from P4

cises is that everyone who participates in them is much better trained and prepared to do their mission than they were prior to the exercise," Kirmse said.

"With the assistance of organizations like Battle Command Training Program, the command gets a very good

look at themselves and receives a comprehensive after action review that individuals, sections and organizations can use during operational command post, defense coordinating element exercises and during prime time training," Kirmse added.

"I truly think it was successful because of the learning opportunities everyone received from participating," he said.





Spc. Kemika Allen, a medical supply specialist with the 591st Medical Logistics Company, gets information from Mel Compton, a technical specialist with Park University, during the Army Education Center open house Nov. 21. The AEC held numerous activities throughout the post during American Education Week, Nov. 16 through 22.

## Army Education Center celebrates American Education Week

*Story and photo by Jeff Crawley*  
Fort Sam Houston Public Affairs Office

Spc. Kemika Allen, of the 591st Medical Logistics Company, wants to get a college degree. She attended Delaware County (Penn.) Community College and earned about 12 credit hours before she enlisted in the Army. Now as a medical supply specialist she wants to pursue a degree in marketing or pediatric health services. Allen attended the Fort Sam Houston Army Education Center open house Nov. 21 to learn what educational opportunities were available to her.

The open house was the culminating event for the AEC, which sponsored educational outreach activities as part of American Education Week, Nov. 16 through 22. This year's theme was "Army Education: Strong Soldiers, Families and Communities."

"An education really does open up the windows of opportunities for one's life," said Education Service Officer Ledell Bowman. It can have a

profound affect on one's children as they emulate their parents, and on one's economic prosperity, he said.

At the beginning of the week, the AEC staff displayed educational materials at several booths around the installation. That was followed up with a college and education fair which featured 16 universities Nov. 18 at the Sam Houston Club, Bowman said. The open house was to get Soldiers and Family members to the AEC.

"I want people to be familiar with the location of their education center. We are here to service them (Soldiers)," said Bowman, a retired sergeant major.

Post-secondary programs ranging from associate degrees through master's degrees are offered by a variety of institutions through the AEC, which is part of the Army Continuing Education System. Two universities have resident courses on post: Webster University and

See EDUCATION P13

## Housing Update

In December, Lincoln Military Housing will be hosting several events. Residents can register to win a honey baked ham gift certificate at their community centers. Registration Runs Dec. 1 through 15. The winners will be announced and contacted Dec. 16, and can pick up their certificates that day at the Lincoln Military Housing Office, Building 407, Dickman Road.

Santa Claus will be driving through the post villages on his way back to the North Pole. He invites everyone to come see him. His schedule is: Dec. 22  
Watkins Terrace - 10 to 11:30 a.m.

Harris Heights - 1 to 1:45 p.m.  
Patch/Chaffee and Marvin R. Wood - 2 to 3 p.m.  
Dec. 23

Infantry Post - 9 to 10 a.m.  
Staff Post/ Hancock - 10:15 to 11 a.m.

Artillery Post - 11:15 to 11:45 a.m.  
Wheaton/Graham/Dickman - Noon to 1 p.m.

Gorgas Circle - 1:15 to 1:45 p.m.  
Parents can also bring their children to the Fort Sam Resident Center at 407 Dickman Road Dec. 23 from 1 to 4:30 p.m. to meet and take a picture with Santa.

There will be a Best Tree Ornament Contest at each Community Center. Decorate a holiday ornament and bring it in to help decorate your Community Center Christmas tree. The best decorated ornaments will win prizes. Residents can bring ornaments to their Community Centers from Dec. 1 through 22. The

winners will be announced and contacted Dec. 23.

On Dec. 23, the Best Decorated Christmas tree from each Community Center will be judged for a separate prize. Residents can show their community spirit by helping make their Community Center Christmas tree the best.

LMH is also having a holiday décor contest. Residents are encouraged to bring out the holiday spirit of the season into their yards. There will be one \$50 gift card winner for each village. Nominations will be accepted at Community Centers from Dec. 1 through 22. The winners will be announced and contacted Dec. 23.

Each month LMH chooses a yard that exceeds the standard yard maintenance. They are looking for unique yards with that special sass and pizzazz. Nominations may be submitted by phone or in person at Community Centers. Nominations must be received by the 24th of each month. Winners will receive a \$25 gift card.

Each month LMH conducts a drawing for residents who complete the Survey Card from move-in, move-out or service requests. Survey cards must be submitted from the 1st through the 30th of each month to be eligible for that month's drawing.

For photos and upcoming activities, residents can log onto LMH's interactive Web site, [www.samhoustonlpc.com](http://www.samhoustonlpc.com). For additional information, contact LMH at 270-7638.

(Source: Residential Communities Initiative)

### EDUCATION from P12

Wayland Baptist University, Bowman said.

Bowman said the AEC offers a variety of programs because when he was a guidance counselor a common complaint he heard from Soldiers was the lack of schools or variety of programs of study.

The center also offers counseling and testing services. Its testing center administers exams, such as the GED, ACT, SAT, CLEP, DANTES and Excelsior. Many tests are free for Soldiers and at-cost for Family members, Bowman said. The testing center also gives Army tests including the Army Flight Aptitude Series.

Larry Broomfield, associate campus director for National American University, has an office at the AEC. He said that during education week he talked with Soldiers and Family members about NAU's online business and allied health-care programs. Its graduate business program generated a lot of interest.

"We have a degree program called Applied

"An education really does open up the windows of opportunities for one's life."

*Ledell Bowman*  
Education Service Officer

Management which seems to be quite popular with Army and Air Force personnel," Broomfield said.

He said that all the school representatives housed at the AEC work well together, so that Soldiers and Families get the best product.

"Each particular school isn't the perfect match for every Soldier or Family member, so if we feel that a Soldier or spouse would be better suited at another institution, we actually take them and introduce them to a representative from the other institution," Broomfield said. "We're doing what's best for the Soldier or spouse."

Representing the University of Texas at San Antonio ROTC, 2nd Lt. Renecas Doxie, a recruiter, was at the open house to tell Soldiers about the Army's Green-to-Gold enlisted

commissioning program. He said he was getting a lot of interest in the program, which offers numerous choices.

"We have a two-year active-duty option, we have a four-year scholarship, three-year scholarship and non-scholarship options," said Doxie, a former dental assistant who received his commission in May through Green-to-Gold at UTSA. "There are options available for everyone."

Bowman said that education is a lifelong process.

"We are forever learning, from the cradle to the grave," he said.

For more information about educational opportunities, visit the Fort Sam Houston Army Education Center at 2408 N. New Braunfels Ave. near Stanley Road, Building 2248, or call 221-1738.

### October Survey of the Month

Valerie Longoria

### October Décor of the Month

620 Infantry Post, 117 Artillery Post, 2279

Hancock, 560 Graham, 1008 Gorgas Circle, 873

Chaffee, 2903 Birkhead, 2900 Marvin R. Wood and 5537-A Dean Circle.

### November Yards of the Month

4 Staff Post, 679-B Infantry Post, 118 Artillery Post, 2282 Hancock, 559

Graham, 1009 Gorgas Circle, 818 Patch, 3243 Ingram Path, 2901 Marvin R.

Wood and 4925-B Ashby Circle.





## COMBAT MEDIC from P1

Combat Medic Training at the Army Medical Department Center and School.

The "68 Whiskey" military occupational specialty is the second-largest in the Army, with nearly 38,000 medics spread across the active and reserve components. Only the infantry specialty has more Soldiers.

The Department of Combat Medic Training trains 8,000 new medics a year, with class sizes that stretch to nearly 500 students. A new iteration of training starts every two weeks, and at any one time, as many as 2,500 students are working their way through the program. Roughly 20 percent will not make it through the training, failing to meet either the academic or physical demands of the course, Mayer said.

"Our challenge is to turn a brand new Soldier into a medic, and we've got 16 weeks to do that," Mayer said.

About 60 percent of those who graduate are deployed to the battlefield within six months of graduation, he said. So, during the past few years, officials at the school have revamped the program. The course still includes civilian emergency medical skills, but the focus now is on training for battlefield medicine, said Donald Parsons, the deputy direc-



Staff Sgt. Anthony Haney delivers a review of the combat medics' performance in the "blood lab" at the Department of Combat Medic Training here. The medics must work through the lab using a combination of Soldier and medic skills administering aid, but watching for hidden dangers such as homemade bombs and enemy weapons.

Photos by Fred Baker III

tor of the department.

"We have gone back and looked at how people die on the battlefield — what types of wounds they get, what types of injuries that are killing soldiers — and that's where we focus our attention on training our medics," Parsons said.

Officials at the school have looked back as far as the Korean War to study causes of death and in an effort to isolate those in which death can be prevented.

For the most part, despite increased technology in weaponry, the types of injuries suffered in war pretty much have stayed the same, Mayer said. Soldiers die on the battlefield primarily from three causes: they bleed to death as the result of severe trauma, an object penetrates their chest and blocks their breathing, or they suffer a head injury that results in a blocked airway.

The vast majority of those who die in battle do so because their injuries are catastrophic and they would not survive regardless of how quickly medical care is applied, Parsons said. But there are a small percentage of injuries that could be survivable if the right care is provided quickly.

"What can we train our medics to do to keep these Soldiers alive long enough to make it to the combat support hospital?" Parsons asked, noting that care in those hospitals is comparable to that in the United States. "Our focus is to be able to treat those preventable causes of death at the point of injury and get that Soldier alive back to that hospital."

The school trains medics to recognize those types of injuries and then treat them, Parsons said, through a dynamic curricu-

lum that constantly is updated with input from the battlefield.

"We have the ability to internally ... change our training program to meet the needs of the combatant commander on the battlefield," Parsons said.

As a result, he said, combat medics are learning and employing much more advanced techniques, especially to restore breathing and stop bleeding.

Medics now learn how to perform surgical cricothyrotomies, which involve cutting an emergency airway in the patient's throat. They learn how to insert a needle into the chest to relieve air pressure on the heart caused by a wound that has penetrated the chest cavity and collapsed a lung. They also learn to use tourniquets — once considered a last resort — often. Now, the new combat action tourniquet often is the first item medics take out of their bag, Mayer said.

"Tourniquets used to be taboo, and the tourniquet that was in the Army inventory was a piece of junk," Mayer said. His department worked with industry officials and other military agencies to develop a tourniquet that can be trained on and used successfully on the battlefield. Now, all Soldiers are issued tourniquets

when they deploy to combat, and medics carry several of them.

"Probably the single most successful thing we've done in this conflict is change the ... dynamic of tourniquet use," Mayer said. "We do it all the time on the battlefield now, and it's saving lives."

The school also has leveraged technology in its teaching tools. The school has one of the largest collections of human simulation systems, Mayer said. Mannequins with pulses and breathing systems are modified with simulated trauma wounds, and are integrated into the training to give the students a better idea of the wounds they eventually will treat for real.

The school also has two "blood labs" in which the students sharpen their skills as Soldier medics. One lab simulates the scene of a suicide bombing in a market place, and the other simulates a bombing in an office building.

Strobe lights cut the darkness and fog machines fill the room and obscure the setting. Bloody mannequins — some in uniforms and others dressed as civilians — are scattered on the floors in a maze of rooms. Blaring music and screams of pain and panic fill the air, and the medics must work through the scenarios using both their soldiering skills and their medical training. In their attempts to render aid, they must

first look for homemade bombs and enemies bearing weapons.

This is somewhat of a paradigm shift for the use of medics, who in past wars often put themselves in harm's way to render aid and rarely used weapons in battle, Mayer said. Now, they are told to shoot first, eliminate the enemy, and then go about their tasks as medics.

"Be Soldiers first. Don't become part of the problem. Become part of the solution," Mayer said.

Sgt. 1st Class Greg Deleon, a two-tour Iraq war combat veteran and an instructor/writer at the school, agreed, saying that the Soldier medics must first gain fire superiority before rendering aid.

"In order to get someone treated efficiently, you first have to get rid of the fire," Deleon said.

The school also is expanding its field training facility at nearby Camp Bullis. Plans are to expand the training facility and modify it to resemble a forward operating base, Mayer said. Gates, checkpoints and guard towers are planned to give it more of a combat environment feel.

"It absolutely helps. It puts them in a situation where they have to have some type of critical thinking to get the job done," Deleon said.

Staff Sgt. Ryan Watson, an assistant senior instructor at the school, said the more realistic



Sgt. 1st Class Greg Deleon, a two-tour Iraq War combat veteran and an instructor/writer at the Department of Combat Medic Training here, demonstrates the proper way to use a combat action tourniquet. Once taught to be used as a last resort, now the new tourniquet is often the first item out of the medic bag.

training gives the medics more of an overall view of what they will encounter on the battlefield.

"You have to have the overall big picture to not just treat patients, but (also to) watch out for yourself, because if you become a patient, you are no longer that combat multiplier," he said.

Familiarization also helps the medics learn to keep calm so they can administer aid, he said.

Watson said the training now is much more advanced than when he went through the school in 1999. Before, it was more static and not as sophisticated, he said. Today's training would have been helpful in preparing for his two combat tours in Iraq, he said.

Deleon said the current training easily translates to saving lives on the battlefield.

"Absolutely — without a doubt," he said. "I only wish I could have had it when I went through. It will help them to be prepared for what they are going to see."

Deleon and Watson said their own combat experiences are proving helpful in the classroom, because they can relate personal experiences to the training.

"It grabs the students' attention, and they are more apt to pay attention to the course," Watson said.

The medics typically are deployed at the platoon level,



Combat medics work through the "blood lab" at the Department of Combat Medic Training here. Mannequins with pulses and breathing systems are modified with simulated trauma wounds. They are integrated into the training to give the students a better idea of the real wounds they eventually will treat.

with each medic responsible for about 40 troops. But they do not initially earn the coveted title "doc," Watson said. First, they must prove they are part of the team.

"If the platoon is filling up sand bags, grab a shovel," Watson said.

Unfortunately, the fastest way to earn the title is to have something bad happen and for the medic to do everything right, he said.

Mayer said the school will

continue to expand, evolve and incorporate lessons learned into its training. Meanwhile, Soldier medics are proving themselves daily in combat, and more Soldiers are returning home alive because of their efforts, he said.

"They are the biggest combat multiplier on the battlefield," Mayer said. "Those (infantry) guys kick in doors and engage and kill the enemy because they know if they're hit, medics are right there to save them."



Staff Sgt. Ryan Watson, an assistant senior instructor at the Department of Combat Medic Training, discusses the many medical devices now carried by combat medics in battle. Watson said that the more realistic training at the school gives the medics more of an overall view of what they will encounter on the battlefield.



Staff Sgt. Anthony Haney delivers a review of the combat medics' performance in the "blood lab" at the Department of Combat Medic Training. combat medics are learning and employing much more advanced techniques, especially to restore breathing and stop bleeding.





Personal trainers at Jimmy Brought

The fitness center offers one-on-one personal training and small group (two to five people) training. Personal trainers are certified by the Cooper's Institute of Aerobics, with a few trainers specializing in running and swimming. In addition, comprehensive physical assessments in body mass index, tapings and cardiovascular and strength as well as basic nutritional information are available. For additional information, call 221-1234.

U.S. Army All-American Bowl tickets

The 2009 U.S. Army All-American Bowl will be held Jan. 3, 2009, at noon at the Alamodome in San Antonio. The All-American Bowl is an East vs. West showdown that features the top 90 high school senior football players from across the country. It is considered by players, coaches and fans to be the premier high school football game in the nation. Free tickets are available at the Directorate of Family and Morale Welfare and Recreation ticket office located at the Sam Houston Club, Building 1395, for military personnel with a military ID card and civilians with a Department of Defense ID card. For more information, call the ticket office at 226-1663.

Intramural bowling league

The Fort Sam Houston Garrison Intramural Bowling League will begin Jan. 6. Send team letters of intent to participate no later than Dec. 4. Letters can be mailed to Earl Young, 1212 Stanley Road, Building 124, Ste. 20, Fort Sam Houston, TX, 78234 or dropped by the Brigade Gym. A coaches' meeting will be held Dec. 11 at 1 p.m. at the Fort Sam Houston Bowling Center. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

# First goalball tournament tests wounded warriors

Silence.

Players goggles down, listen ...

In the first Warrior Transition Battalion Goalball Tournament held Nov. 5, 17 teams competed in a game that required more than skill, but a keen sense of hearing.

Played at the Center Post Gym, wounded warriors and WTB staff members relied on their hearing and touch, rather than their sight to score goals.

"I was so focused on the sound of the ball. Hearing overruled and became my eyes," said Carlos Garcia, winger for the Stepchildren team.

Competing on three-man teams with a center and two wingers, players try to roll a ball embedded with bells into the opponent's goal. By using the sound of the bell, players judge the position and movement of the ball.

Games consisted of two

five-minute halves, with all players wearing goggles to allow partially-sighted players to compete on an equal footing with blind players.

In the finals, Da Wolfpack Playas hoped for an easy win against the Stepchildren, since it took five ties and an overtime to beat Self-Abuse, 7-6, before advancing to the championship game.

"We played every game as a new one," said John Meyer, center for the Stepchildren. "We did get better each game as we learned how to overcome our limitations."

Even though, Da Wolfpack Playas had a game plan to stop the Stepchildren's James Bradley from handling the ball and to return the ball as soon as it was thrown to keep the Stepchildren from setting up, it wasn't enough for the win.

The Stepchildren won 9-6 for the gold medal. Da Wolfpack Playas placed sec-

ond, winning silver; Self-Abuse took third for the bronze.

Goalball, a team sport designed for blind athletes, was played to encourage unit cohesion between wounded warriors and WTB supporting staff, said Lt. Col. John Myers, WTB commander.

Myers said they have established a quarterly warrior and staff athletic competition in the WTB, which started in April. The tournament was part of the quarterly program designed by the WTB to promote esprit de corps.

Part of the cohesion began with this tournament in a united effort between the WTB and Jen Armbruster, gold medalist and team captain of the Women's Paralympics Goalball; John Register and John Potts of the U.S. Paralympics; Mandy Goff

See GOALBALL P17

## Top finisher



Photo by John Hancock

Fort Sam Houston's John Parson, D Company, 187th Medical Battalion, catches his breath after finishing the Rock & Roll Marathon-San Antonio in a time of 3:17:55 Nov. 16 in San Antonio. Parson was the post's top finisher and helped the fort capture the inaugural USAA Military Base Challenge. In addition to individual trophies, Fort Sam Houston received a \$1,500 check for its Directorate of Family and Morale, Welfare and

Recreation funds from USAA. Other members of Team Fort Sam Houston were John Ruibal 3:23:31; Katey Schrum 3:43:59; Jennifer Rodriguez 4:03:53 and Joe Carranza 3:46:42.

## GOALBALL from P16

of the Lakeshore Foundation; and Heather Gardner, recreation therapist of the Center for the Intrepid.

Armbruster, Register, Potts, Goff and Gardner taught the more than 100 participants the sport of goalball, provided training clinics, help officiate the games, and set up the tourney.

"Recently, we began partnering with the U.S. Paralympics Committee to participate with us in our sporting programs. We've selected sporting events that Warriors, staff and Families can participate in together," said Myers.

"It's given me a whole different outlook on being blind," said Da Wolfpack Playas co-captain Willie China. "Most days my senses are geared toward seeing and taste, not hearing and touch. It's like soccer for the blind."

Echoing China's remarks, Meyer said "You never know what you have until you lose it (sight) and this was an experience that helped me see what I have. I respect that those with impaired vision do not let it rule their life. It is a limitation, but not a defining piece of their life."

Our sight is extremely precious, added Myers, reflecting on a comment made by one of the Warriors.

"My injuries are very minor," said Spc. Josh Wells, a double amputee, and goalball participant. "Compared with those Soldiers, who have eye-

sight injuries or who have lost their vision."

Myers said, Wells' comments "clearly indicate that we are having success in meeting our focus objectives to help these men and women see beyond their injuries. Warriors are realizing what they can do and will be able to do in the future."

Fort Sam Houston Directorate of Family and Morale, Welfare and Recreation, WTB Family Readiness Group and the Warrior Family Support Center sponsored the event.

(Source: Jen Rodriguez, Brooke Army Medical Center Public Affairs, and Capt. Matthew Humphrey, Warrior Transition Battalion, S-3)



Photo by Master Sgt. Carlos Garcia



Photo by Master Sgt. Carlos Garcia

(Left) Wounded warrior Lilina Benning, of the Center for the Intrepid 2 team, winds up for the throw down court, during the Warrior Transition Battalion Goalball Tournament held Nov. 5 at the Center Post Gym.

(Right) Stepchildren's John Meyer, Carlos Garcia and James Bradley are declared the winners of the first Warrior Transition Battalion Goalball Tournament Nov. 5. Da Wolfpack Playas placed second for the silver, and Self-Abuse, third for the bronze.



Photo by Jen Rodriguez

Wounded Warrior Josh Wells of the CFI 1 team, throws the ball down court, while teammates Warrior Adrian Garcia and Eli Ramos, a staff member with the Center for the Intrepid, get set for the return play at the Warrior Transition Battalion Goalball Tournament held Nov. 5 at the Center Post Gym.



# Cole High School earns College Readiness Award

Robert G. Cole High School recently earned the "2008 College Readiness Award" from the Texas ACT Council for increasing the number of students taking the ACT Assessment during the past five years and significantly increasing their level of achievement and college readiness.

"Only 4 percent of all high schools in Texas were honored for this accomplishment," said Dr. Gail Siller, superintendent of the Fort Sam Houston Independent School District. "Besides Robert G. Cole High School, five other San Antonio high schools were honored - Alamo Heights, Antonian College Prep, International School of the Americas, St. Mary's Hall and Winston Churchill."

"To enter the workforce with the necessary math, science and problem-solving skills they need to succeed, our students must first be able to succeed in postsecondary education," said Siller. "Our teachers work hard to provide students with rigorous academic studies during their pre-kindergarten through 12th grade experience so that they can graduate from high school ready for the

demands of postsecondary education." ACT, Inc., a non-profit organization, provides assessment, research, information, and program management services in the broad areas of education and workforce development. It is also the publisher of the ACT Assessment, the college admissions test that is used and accepted by all colleges nationwide.

In 2008, more than 140,000 Texas students took the ACT, an all-time high. Texas ACT scores have increased substantially during the last five years.

Karen L. Pennell, ACT Southwest Regional Manager, said, "The Texas ACT Council recognizes those Texas high schools that have made significant strides in increasing the college readiness of their graduates as demonstrated by their ACT score increases over the past five years."

"This can only happen as a result of the high school's faculty and staff efforts and the dedication of Robert G. Cole High School students and parents to focus on college readiness and raise the level of college readiness for all students," she said.

(Source: FSHISD)

## Special guest



Photo by Jayne Hatton

Fort Sam Houston School Board President Keith Toney engages students while reading at the Fort Sam Houston Elementary School PTO's book fair Nov. 14.

## News Leader survey online

Submit your feedback to help improve the News Leader. The survey is available online at <http://www.samhouston.army.mil/public> affairs. For more information, call 221-0615 or 221-1031.

## Fort Sam Houston Independent School District Weekly Campus Activities Dec. 1 to 6

### Fort Sam Houston Elementary School

Dec. 2

Progress reports due

Dec. 4

PBS Picnic

FSHISD School Board meeting at Professional Development Center, 11 a.m.

Dec. 5

Spirit Day

Early Dismissal, 11 a.m.

### Robert G. Cole Middle and High School

Dec. 1

ATSSB Regional auditions

Dec. 2

Girls JV/V Basketball at Pearsall, 5 and 6:30 p.m.

Boys JV/V Basketball vs. Hawkins, 5 and 6:30 p.m.

Boys Soccer at TMI, 7 p.m.

Dec. 3

Cole Battalion JROTC Drill competition

Dec. 4

FSHISD School Board meeting at Professional Development Center, 11 a.m.

Girls Varsity Basketball Karnes City Tournament, TBA

UIL Reading team practice eighth period, Room 1104

Dec. 5

Senior class picture retakes during English classes

Boys JV/V Basketball at La Vernia, 5 and 6:30 p.m.

Girls Soccer at Feast, 5 p.m.

Swim meet at San Antonio Natatorium dual meet, 5 p.m.

Girls Varsity Basketball Karnes City Tournament, TBA

Dec. 6

Girls Varsity Basketball Karnes City Tournament, TBA

Band/Choir Commissary Performance, 11 a.m. to 2 p.m.

## Holiday hours for FMWR facilities

For the holidays the Directorate of Family and Morale, Welfare and Recreation facilities will be closed the following days:

### Sam Houston Club

Nov. 27 - Only open for the Thanksgiving Dinner 10:30am - 3:00pm

Nov. 28 - Closed

Dec. 22 through Jan. 6 - Closed except for special events

### Fort Sam Houston Golf Club

Nov. 27 - Closed

Dec. 24-25 - Closed

Dec. 31 - Closed

Jan. 1 - Closed

### Bowling Center

Nov. 26 to 28 - Closed

Nov. 29 and 30 - Open from 3

to 10 p.m.

Dec. 22 through Jan. 6 - Closed except for special events

### Harlequin Dinner Theatre

Nov. 27 - Closed

Dec. 21 through Jan. 1 - Closed



## Dining and Entertainment

### Harlequin Dinner Theatre

The Harlequin Dinner Theatre presents "Christmas Belles," a comedy by Jessie Jones, Nicholas Hope and Jamie Wooten, now through Dec. 13. The hilarious holiday journey through a misadventure-filled Christmas Eve is guaranteed to bring a smile. Tickets are \$31 for Friday and Saturday performances and \$28 for Wednesday and Thursday performances. Discounts are available for military and students. The house opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m., and show-time is at 8 p.m. For more information or to make reservations, call the Harlequin Dinner Theatre at 222-9694. The box office is open from noon to 5 p.m.

weekdays and 1 to 5 p.m. Saturdays.

### Sam Houston Club

#### Big Bucks Bingo

Big Bucks Bingo will be held Dec. 6 at the Sam Houston Club. There is a guaranteed \$13,000 payout. Bingo will begin at noon with a free buffet served for all bingo players. For more information, call 224-2721.

#### Thanksgiving Day dinner

The Sam Houston Club will hold a Thanksgiving Day dinner Nov. 27 from 10:30 a.m. to 3 p.m. The price per person will be \$21.95 for non-members, \$18.95 for members, \$8.95 for children ages 6 to 11, children 5 and under eat free. Menus may be picked up at the club prior to the event. For reservations, call 226-1663 or 224-2721.

## Recreation and Leisure

### All-Army digital photography contest

Enter your favorite images to compete against the best photographers in the Army. This Web-based contest requires a valid AKO e-mail account to participate. The submission period is now through Dec. 7. Visit <https://artscrafts.fmwrc.army.mil> for

contest rules and regulations.

Contest information and assistance is also available at the local community recreation center.

### Fort Sam Houston Golf Club

The Fort Sam Houston Golf Club annual Christmas sale runs Nov. 28 through Jan. 9. For every \$25 purchased, patrons will be eligible to draw for discounts ranging from 5 to 50 percent. The sale applies to all merchandise with the exclusion of Karstan Golf Products. Gift-wrapping will be provided for all purchases of \$25 or more. The Pro Shop is open until 8 p.m. throughout the holiday season. For more information, call 221-4388.

### Bowling Center

#### Soldier Appreciation Day

Soldier Appreciation Day will be held every Saturday from 1 to 7 p.m. at the Fort Sam Houston Bowling Center. Games are \$2 and shoe rental is \$1.75. For more information, call 221-4740.

#### Cyber Bowl

The Fort Sam Houston Bowling Center hosts Cyber Bowl every Saturday from 7 to 10 p.m. with music, black lights, and tons of fun. The cost is \$3 per game and \$2 shoe rental or \$10 per person with free shoe rental. For more information call 221-4740.

#### All you can bowl night

Friday is all-you-can-bowl night at the Fort Sam Houston Bowling Center from 9 p.m. to midnight. The cost is \$7.95, which includes shoe rental. For more information, call 221-4740.



### Managing your money classes

The Soldiers and Family Assistance Center will hold classes on money management at the SFAC, Building 3644. Two classes will be held Dec. 1 at 9 a.m. "The Financial Planning Process" and a "Car Buying Seminar" will be held at 2 p.m. Classes are open to Warriors in Transition, their Family and the WTB. For more class information or to register, call 916-7322 or 916-8719.

#### Parenting class in Spanish

The 1,2,3,4 Padres class will be held Dec. 2 from noon to 1 p.m. is a parenting program taught in Spanish, designed to support parents of children ages 1 to 4 years of age. The parents learn through videos and group discussions, what normal behavior is during the child's stages of growth and how to help their children during these stages of growth. To register or for more information, call 221-0349.

### AER scholarships available

Army Emergency Relief scholarships for academic year 2009-2010 are available online through March 1. For the Dependent Children Scholarship Program or MG James Ursano Scholarship Program, applicants must be dependant children of active, retired or deceased Soldiers, must be registered in DEERS, and must be full-time or planning to be a fulltime undergraduate student at a college or university, community college or vocational school. For the Stateside Spouse Education Assistance Program, applicants must be the spouse of an active or retired Army Soldier, or the widow(er) of an active or retired Army Soldier and must reside in the United States. The scholarships are a need-based program. For more information visit [www.aerhq.org](http://www.aerhq.org).

### Teen Talk

Beginning on Dec. 3 the Army community Service Family Advocacy Program will hold Teen Talk every other Wednesday from 4:30 to 5 p.m. at the Child and Youth Services. This is an opportunity for teens to discuss issues of interest. Incentives for participation will be available. For more information, call 221-2055 or 221-2705.

### Military, Family Life Consultant available

Army Community Service now offers a Military and Family Life Consultant Program for service members and their Families. The MFLC Program addresses issues that occur across the military lifestyle and helps service members and Families cope with normal reactions to the stressful events created by deployments, war and reintegration. For more information, call the local MFLC consultant at 376-7824.

#### Mobilization, Deployment

See FMWR P18



FMWR from P19

December classes

Army community Service Mobilization and Deployment will hold the following classes in December:

**Unit Family Readiness Training** will be held Dec. 1 from 9 to 10 a.m. This class defines the phases of the deployment cycle, identifies stresses and Soldier and Family issues related to deployment and review the Family readiness tasks of the Battalion Rear Detachment commander in each phase of the deployment cycle. Registration is needed by Nov. 26.

**Family Readiness Group Leaders Forum** will be held Dec. 1 from 11:30 a.m. to 1 p.m. This training provides FRG Leaders the opportunity to discuss unit FRG Leader issues and share lessons learned in an open forum. Registration is needed by Nov. 26.

**Virtual Family Readiness Group Training** will be held Dec. 2 from 10 to 11 a.m. This training provides information on the virtual FRG and the ability to meet the needs of geographically dispersed units and families.

Registration is needed by Nov. 26.

Calling all first-term spouses

Army Community Service will hold an orientation for all first term spouses Dec. 11 from 9 a.m. to noon at ACS, 2010 Stanley Road, Building 2797. This first-time event will provide an overview of all ACS services offered to active-duty military and their Families. All spouses new to the military and to the Army are encouraged to attend this informative gathering. For more information, call 221-0427 or 221-2705.

H.U.G.S. playgroup

Army Community Service Family Advocacy Program offers a Helping us Grow Securely (HUGS) playgroup each Tuesday from 9 to 11 a.m. at Dodd Field Chapel, Building 1721. This weekly interactive fun playgroup for parents and children ages infant to 5 years, is a great way for meeting new people, learning new ideas, all while the children are having a fun time as well. For more information call, 221-0349 or 221-2418.

Child, Youth and School Services

Parent Advisory Council

A Child, Youth and School Services Parent Advisory Council meeting will be held Dec. 16 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. All CYSS patrons are encouraged to attend. PAC meetings are held the third Tuesday of each month. For more information, call 221-4871 or 221-1723.

Basketball registration

Child, Youth and School Services will conduct basketball registration through Nov. 26 from 8:30 a.m. to 4 p.m. Registration will be held in Building 2797. Cost is \$45 for the first child and \$40 for each additional child. All participants must have a current sports physicals to register. For more information, contact CYSS Central Registration at 221-4871 or Youth Sports and Fitness at 221-3502.

Community

Events

Wrestlers needed

Lone Star Sumo is seeking men, women and children to represent Fort Sam Houston in an upcoming tournament in January. No experience is necessary. If you are interested in trying a new sport, Sumo wrestling may just be the ticket. Lessons are free and taught by retired Master Sgt. Tom Zabel, a three-time medal winner at the U.S. National Sumo Championships and 3rd degree black belt. For more information, call 977-3202 or 478-2267.

Winter formal

The Army Medical Department Center and School and Fort Sam Houston will holds its winter formal "Evening of Elegance" Dec. 12 at 6:30 p.m. at the Sam Houston Club. The social hour begins at 5:30 p.m. Entree choices are London Broil or Penne pasta. Tickets are \$40 per person. Formal attire. To purchase tickets, contact the following unit reps. NCOA, Sgt. 1st Class Roberta Hutson at 221-3437; 187th Med BN, Sgt. 1st Class Jonathan Caro at 295-8558; 264th Med BN, Staff Sgt. Juan Chavez at 295-4916; 232nd Med BN, Staff Sgt. Kevin O'Brien at 221-3098; DCMT, Master Sgt. Daniel Keely at 221-3378 or 667-7179; HQ Co. 32nd Med BDE, 1st Sgt. Michael Tate at 221-1639; AMEDDC&S, Sgt. 1st Class Tracy Bean at 221-6397; and MEDCOM, Capt. Bridget Washington at 221-8445. For all other units, call Sgt. 1st Class Diana Istre at 221-9948. To donate a ticket, call Pete Altman at 221-9920. For more information, call Lt. Col. Sara Spielmann at 221-9941.

Military Spouse of the Year

The Military Spouse Magazine is accepting public votes for the 2009 Military Spouse of the Year award. The MSOY represents the millions of military spouses who are unsung heroes maintaining the Homefront, giving back selflessly to their communities, and providing support to our nation's troops. No registration, membership or fee is required to vote. The deadline to vote is Dec. 24. For more information or to vote, visit [www.msos.milspouse.com](http://www.msos.milspouse.com).

Meetings

NCOs' Wives Club

The Fort Sam Houston Noncommissioned Officers' Wives Club invites all spouses to join them the first Tuesday of the month at 10 a.m. at the Sam Houston Club. New members are welcome. For more information, call Angie Luna at 333-0821 or 386-8265.

Training

Army e-Learning Program

The Army e-Learning Program has 30 Rosetta Stone foreign language courses and 2,600 other courses available, to include new course content on Lean Six Sigma. The Army has included the Books 24/7 features that provide a user more than 4,000 business professional titles, over 6,000 titles in IT Pro and nearly 350 in-office essentials. All reference books are free to authorized users. For more information, call Julie Gueller at 221-6203.

Customer survey results available in December

The results of the first Fort Sam Houston Customer Assessment Survey are being compiled at Installation Management Command and should be posted by mid December on the Fort Sam Houston Customer Management Services Web sites. For on-post access, visit <https://fsh-intranet.amedd.army.mil/cms/index.asp>. Off post, visit <http://www.samhouston.army.mil/cms/>. These two sites are employees' link to all garrison customer service activities based on three critical areas. The Interactive Customer Evaluation for immediate resolution/response on rating products and services provided on post based on performance and importance to customers; the Community FIRST (Feedback, Issues, Resolutions, Solutions, Today) for issues constituents are providing through focus groups to improve the fort; and Customer Assessment for how commanders, leaders, Soldiers, retirees, veterans, Family members and civilian employees rate Fort Sam Houston from a mission and or personal use perspective.

Did you know?

Did you know there is a quote attributed to President George Washington below the clock on the tower in the Quadrangle?

About 70 feet above ground level is a stone tablet 6 feet 4 inches by 4 feet 2 inches with the inscription, "San Antonio Quartermaster Depot Erected Under Act of Congress, 1876. In Peace Prepare for War." This quote summarizes the full quotation by Washington, "If we desire to secure peace, one of the most powerful instruments of our rising prosperity, it must be known that we are at all times ready for war."

But the quote did not originate with Washington. Benjamin Franklin used it in 1747 in "Plain Truth:" "One sword often keeps another in the scabbard. The way to secure peace is to be prepared for war. They that are on guard and appear ready to receive their adversaries are in much less danger of being attacked than the supine, secure and negligent."

But Franklin did not originate the thought, either. In about 390 A.D., Roman author, Flavius Vegetius Renatus, wrote in "De Re Militari" ("Military Matters"), "Let him who desires peace prepare for war." According to Wikipedia, Vegetius' work was the "foundation of military learning from William the Silent to Frederick the Great." But that distinguished Roman was not the original author of the quote, either. The Greek philosopher Aristotle around 350 B.C. is quoted, "We make war that we may live in peace."

But this quote is not limited to Western Civilization. The Chinese strategist Sun Tzu proposes this maxim in about 500 BC: "In peace prepare for war, in war prepare for peace." If you look hard enough, you would probably find out that the Hittites, the Egyptians and the Israelites also had a similar maxim. And, as that philosopher of war, Karl Clausewitz, author of the classic "On War," would say, "To secure peace is to prepare for war." The ubiquity of this quote in many forms seems to show it to be applicable throughout history. It is not surprising then, that in the post-Cold War world that the quotation on the historic clock tower is still applicable today.

(Source: Fort Sam Houston Museum)

Religion

CWOC Meetings

The Catholic Women of the Chapel will meet Dec. 5 for Rosary at 8:30 a.m. followed by Mass at 9 a.m. and program at Dodd Field Chapel. Enrichment or Bible Study is held Mondays from 9:15 to 11:15 a.m. at Dodd Field Chapel. Child Care is provided. For more information, call 442-8957 or 830-914-2326.

PWOC meetings

The Protestant Women of the Chapel group meets Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m. at Dodd Field Chapel. Child care is provided. For more information, call 221-5007.

For Sale  
Fort Freebies

**For Sale:** Toshiba plasma flat-screen TV, \$800. Call 409-0057.

**For Sale:** Three-piece pine entertainment unit, 90 inches wide by 72 inches long by 16 inches wide, \$500; projection TV, 50 inches, \$300; chaise lounge, light beige, new, \$175; black sofa/sleeper for child's room, \$150; French provincial dining table with six chairs, two-piece hutch, buffet, cream color, \$900. Call 697-9261 or 363-4056.

**For Sale:** 2008 Macbook Pro laptop computer, 15 inch screen, warranty, \$1,700. Call 265-3537.

**For Sale:** Razor scooter, battery powered, pink, excellent condition, \$125. Call 464-6761.

**For Sale:** Bassett credenza, designed to accommodate up to a 50 inch LCD, features two sliding accordion doors, center has three glass

shelves; two end sections have two glass shelves, with three-outlet/coax power strip, heavy-duty construction, Java (dark cherry), 20 inches high by 56 inches wide by 20 inches deep, \$150 firm. Call 818-6585.

**For Sale:** Authentic Coach Black leather Soho purse, flap opening and two compartments inside with dust bag, great condition, \$125. Call Brenda 365-5390.

**For Sale:** Refrigerator, almond, freezer on top and fridge on bottom, \$75. Call 387-2659.

**For Sale:** Exercise machine, \$200; giant custom made dog house, \$250; dining buffet, \$50; oak desk, \$45; four tires, \$50. Call 633-2247.

**For Sale:** Half Lhasa Apso and Pekingese puppies, \$295; Resistol hat, size 7.25, \$60; dorm fridge, 4.5 feet tall, \$125; four tires, 15 inch and 16 inch, \$75; pug, two years old,

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate and employment ads will not be published. To submit a Fort Freebie, e-mail [news.leader@conus.army.mil](mailto:news.leader@conus.army.mil) or fax to 221-1198. Freebies can only be ran twice. Limit of five items per entry. For more information, call 221-0546.

\$285. Call 633-3859.

**For Sale:** Washer and dryer, \$85 each; three-drawer filing cabinet, \$20; computer desk, solid wood, \$50; upright piano and bench, \$300; Kenmore sewing machine, \$30. Call 241-1291.

**For Sale:** Cargo van, cold A/C, new tires, spacious and runs great, \$3,500. Call 393-0478.